

e·bites...

encouraging healthy lifestyles for families!



Issue 4

Make Half Your Grains Whole!

What exactly is a grain?

A grain is any food made from wheat, rice, oats, cornmeal, barley or another cereal grain. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of common grain products we eat everyday.

Key Nutrients:

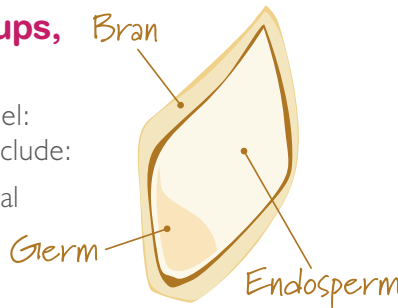
- ✓ Dietary Fiber
- ✓ Several B vitamins (thiamin, riboflavin, niacin, and folate)
- ✓ Minerals (iron, magnesium, and selenium)

MyPyramid For Kids
Eat Right. Exercise. Have Fun.

Grains are divided into 2 subgroups, whole grains and refined grains.

Whole grains contain the entire grain kernel: the bran, germ, and endosperm. Examples include:

- whole-wheat flour
- bulgur (cracked wheat)
- whole cornmeal
- brown rice
- oatmeal



Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are:

- white flour
- white bread
- degermed cornmeal
- white rice

Why is everyone talking about WHOLE grains?

Eating whole grains as part of a healthy diet may reduce the risk of some chronic diseases, such as heart disease. Whole grains retain important nutrients so you can see why it's important to choose them whenever possible. The earlier you start eating whole grains, the greater the health benefits you'll have over time.

Tip of the Day

Just because bread is brown doesn't mean that it's whole grain. Search the ingredient list to make sure the first word is "whole" (like "whole wheat").

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Whole Grain Shopping Tips

- Look for the word "whole" listed on the ingredient label.
- Almost all oat products are whole grain, even if the word "whole" is not used.
- Look for the words "whole grain" in large letters on the package.

Add Whole Grains to Your Daily Diet

- Choose whole grain breads, tortillas, bagels, rolls and cereals.
- Enjoy snacks such as whole grain crackers, brown rice cakes or pop plain pop-corn.
- Try a whole grain side dish using brown or wild rice, kasha, bulgur or pearl barley.



••• The Next Generation

Move over Millennials... Meet “Generation We!”

“Generation We” is the next emerging generation to follow the Millennials, the group of children who are currently 0-10 years of age. As a group, their characteristics include:

- Culturally identified**
- Hi-tech**
- Spiritual**
- Artistically inclined**
- Pancultural**
- Media-smart**

With “Generation We” kids, diversity is a reality, not a goal. They live in a global village where, in spite of world events, they know safety’s built in (think of Amber Alerts, nanny cams, GPS bracelets, and even implanted microchips).



This group of children is growing up in cars that cater to their every safety and entertainment need. Bike helmets and sport safety gear are a must! What used to be New Age trends like yoga, vegetarianism, and alternative medical approaches are a natural part of Gen We’s world.

Superfoods

Grapes... Not Your Average Snack



Of the snacks that nature has provided, grapes may just be the best. Grapes are handy, easy to use, and they’re also chock-full of nutrients. And we’re not talking about your run-of-the-mill nutrients either. The nutrients found in grapes have shown promise as preventative measures for a number of chronic diseases, including cardiovascular disease, cancer, and age-associated diseases like Alzheimer’s.

Not only are grapes a good source of vitamins A and C, but you’ll also find vitamin B6 and folate in these fruits of the vine. In addition, minerals like potassium, calcium, phosphorus, magnesium, iron, and selenium, as well as trace amounts of copper, manganese, and zinc are also present in grapes. You’ll also get some fiber and protein from grapes!

Grape Volcano Smoothie

Ingredients:

- Seedless green grapes 1/2 cup
- 1% milk 1/2 cup
- Plain, low-fat yogurt 1/2 cup
- Brown sugar 1 tbsp.
- Vanilla 1/8 tsp.
- Ice cubes, cracked 2

Preparation:

1. Put all ingredients in a blender.
 2. Blend at high speed for 15 seconds.
- Recipe yields 1 serving.

Nutrition facts per serving:

Calories 237, Protein 11g, Carbohydrates 42g, Fat 4g (percent of calories from fat 14%), Cholesterol 12 mg, Fiber 1g, Sodium 153mg.

A Few Quick Serving Ideas for Grapes:

- Add to any fruit salad
- Add grapes to mixed salads
- Great with low-fat cheese as a snack

Where Do Kids Eat Lunch?

Ages: **6-8** **9-12** **13-17**

Eat the school cafeteria lunch	61%	68%	68%
Bring lunch to school	34%	31%	21%
Leave school campus for lunch	0%	0%	6%
Other	5%	1%	5%

Who Decides What Kids Order?

Ages: **6-7** **8-9** **10-11**

At Fast Food Restaurant – Kids Decide.	91%	89%	94%
At Fast Food Restaurant – Moms Decide	9%	11%	7%
At Sit-Down Restaurant – Kids Decide.	84%	87%	97%
At Sit-Down Restaurant – Moms Decide	16%	13%	3%

